

“The annual Preventive Health Assessment represents one of the most important opportunities for medical departments to intervene and to improve the health and mission readiness of Sailors and Marines. It is my pleasure to strongly endorse and encourage your use of this superb reference CD. Your efforts at health education and preventive counseling are an important part of SEA POWER 21. You are central to the success of SEA WARRIOR. The CNO is focused on providing a healthy and fit force and this CD will not only make your job easier but dramatically improve your knowledge and accuracy.

Thank you to all who have contributed to the creation of this valuable tool.”

RADM Clinton Adams
Fleet Medical Officer
Commander, Fleet Forces Command